



## Special Edition - *What's Up Newsletter*

[www.CenterLW.org](http://www.CenterLW.org)

### COVID-19 UPDATES

#### CONTINUED ORDERS FROM GOVERNOR BAKER

##### STAY-AT-HOME ADVISORY

**COVID-19 cases and hospitalizations continue to go up!**

All Massachusetts residents should stay home *every night* **between 10 PM - 5 AM:**

- Only leave for work/school, or **essential** needs (emergency medical care, grocery store/pharmacy, picking up take-out food, or getting deliveries).
  - Stay 6 feet away from others.
  - Wear a face mask.
  - Don't touch things often touched by others.
- Don't have people come to your house to visit.
  - Call or video chat with friends/family.

##### REVISED GATHERING ORDER

How many people can be together?

###### Private:

- Indoor - 10 or less
- Outdoor - 25 or less



###### Public:

- Indoor - 25 or less
- Outdoor:
  - Low-risk community - 100 or less
  - Others - 50 or less



##### BUSINESS CLOSING TIME ORDER

Certain businesses must close **by 9:30 PM**, so people can get home by 10:00 PM.

- Business staff are allowed to stay.
- Deliveries can continue.

See full list of businesses and read the order [here](#).

##### NEW DEFINITION OF "CLOSE CONTACT"

###### *OLD*

- You are within 6 feet of an infected person for at least **15 consecutive minutes**.
- EX: one 15-minute exposure; from 6:00 PM to 6:15 PM.

###### NEW

- You are within 6 feet of an infected person for a total of 15 minutes or more **BUT** in a **24-hour period**.
- EX: three 5-minute exposures for a total of 15 minutes; 9:00 AM - 9:05 AM (5 min.), 6:15 PM - 6:20 PM (5 min.), 11:25 PM - 11:30 PM (5 min.).

## "LOWER RISK STATES" MAP

Click [here](#) to view the map larger.

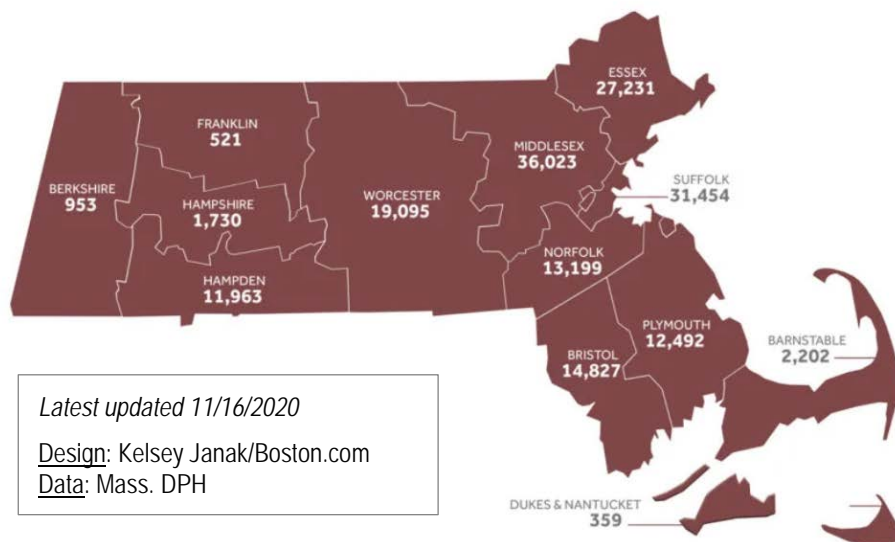


## COVID-19 DAILY DASHBOARD

Click [here](#) to see the full report  
(updated every day by 5:00 PM)



## WHERE ARE CORONAVIRUS CASES IN MASS?



Latest updated 11/16/2020

Design: Kelsey Janak/Boston.com

Data: Mass. DPH

172,471 confirmed and probable cases

9,994 related deaths

Map to the left shows where cases are, *by county*.

Note: locations of 422 cases are currently *unknown*.

For more information see: [www.boston.com/tag/coronavirus](http://www.boston.com/tag/coronavirus)

See what's happening in other states - [here](#).

## STOP THE SPREAD

**FREE COVID-19 TESTING**  
through the end of December

Sick *or* not sick - everyone is encouraged to get tested.

Click [here](#) for where to go for testing and more information.



## MA COVID HOUSING HELP

Worried you may become homeless because of missed rent or mortgage payments?

Low-income households can get help paying both past/future rent and mortgage costs.

Click [here](#) to see the video.

**Residential Assistance for Families in Transition (RAFT):**

Click [here](#) to find your town's agency.



# HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

## Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

## Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

**A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.**



**World Health Organization**

## STAYING SAFE THIS HOLIDAY SEASON

Staying home is safest! IF you visit family/friends:

- wear a mask
- social distance
- visit with a **few** family/friends from 1 home - for a short time.



## WAYS TO CELEBRATE



- **SAFE:** Video calls - VP, Zoom, Skype, FaceTime, WhatsApp, Google Duo, or Google Meet
- **LOW/MEDIUM RISK:** Visit at their home. Bring a favorite food/holiday treat (check rules where they live).

- **HIGHER RISK:** Bring them to your home with *only* people you live with.



2 weeks before - *limit your COVID-19 exposure:*

- Don't hang out inside with people you don't live with
- Don't go to restaurants/indoor events

## GUIDELINES ON VISITS AND TRAVEL

Family/friends in nursing homes, assisted living and group homes are at **HIGHER RISK** for getting COVID-19.

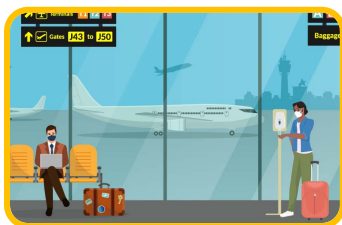


**Before you invite OR visit them:**

- Think of their health and safety AND their roommates' and caretakers'.
- Know: your loved one may need to **quarantine 14 days** after the visit.

**What can you do?**

- Call the nursing home/place they live:
  - Set up your visit BEFORE going AND
  - Follow their rules.
- Self-check for COVID-19 [here](#).
- Get a COVID-19 test (find a test [here](#)).



**Traveling out of state?**

Follow Massachusetts' [COVID-19 travel order](#)! If you come back from a high risk state - quarantine 14 days OR until you get a **negative** COVID-19 test. Fill-out the [Massachusetts Travel form](#) too.

**EXCEPT FOR:** Short visits in a nursing home/group home. (Ex: Drive from Rhode Island/other high-risk state - visit a parent in a Massachusetts nursing home for 45 minutes - then drive home.)

## ADDITIONAL FAMILY RESOURCES:

- Have loved ones in long-term care settings (nursing home, assisted living, etc.)?  
Call *Nursing Home Family Resource* at 617-660-5399
- Have loved ones in *other* congregate/group home settings?  
Call their case manager, social worker, or service coordinator



## HOW WAS YOUR VOTING EXPERIENCE?

Voting is over and every vote counts!

Share your voting story - good or bad, with *Boston Center for Independent Living (BCIL)* community organizer, Shaya French at: [sfrench@bostoncil.org](mailto:sfrench@bostoncil.org).

*BCIL* and *Disability Law Center (DLC)* will work with state and local officials to address problems and support best practices.



## 5 MINUTE ASL GUIDED MEDITATION

Want to give it a try?

Meditation and focused breathing can help you relax.

Here is a guided meditation by *Matt Reinig*.

[www.youtube.com/watch?v=01im3WZg4dw](https://www.youtube.com/watch?v=01im3WZg4dw)



## HAPPY THANKSGIVING FROM ZOOM

**Free** Zoom meetings are limited to 40-minutes. BUT on **Thanksgiving Day** there will be **no** time limits so people can celebrate with their families/friends.

**No time limits on Zoom from:**

12:00 PM November 26<sup>th</sup> - 6:00 AM November 27<sup>th</sup>  
(Eastern Time)

## THANKSGIVING FUN FACTS



## ZOOM GUIDE

CLW DHILS made a guide for using Zoom. Step-by-step instructions and pictures show how to:

- Download the Zoom app
- Join/Leave a meeting
- Gallery View vs. Speaker View
- Pin a screen
- ...and more!

**WANT A COPY?** Contact Denise Paro at:

[dparo@centerlw.org](mailto:dparo@centerlw.org) or  
508-556-1600 (VP)

**NOTE:** let us know which one(s) you want!  
(Computer/Cell Phone/iPad)



## MSAD VIRTUAL TOWN HALL MEETING

Recording from Thursday, November 5, 2020:  
Click [here](#) to watch.



**FREE Membership through December 31, 2021!**

Email **Lewana Clark**: [secretary@massdeaf.org](mailto:secretary@massdeaf.org)

- Your name
- Mailing address
- Email address



## DHILS SPECIAL EDITION NEWSLETTERS - PAST ISSUES

Missed a *What's Up* or *Parents Special Edition* Newsletter?

Find all issues [here](#) on CLW's website.

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## ANY QUESTIONS ABOUT THIS NEWSLETTER?

**Need a website address from your printed newsletter? Contact your Skills Trainer!**

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